

Fruit and Oat Muffins

Makes: 12 Servings

This recipe uses whole grain quick oats. Quick oats can be used in a variety of baked dishes such as these fruit oat muffins.

Ingredients

nonstick cooking spray

1 cup flour

2 teaspoons baking powder

1/2 cup sugar

1/2 teaspoon salt

1/2 can fruit, such as peaches or pears (about 15 ounces, drained and chopped)

1/4 cup evaporated milk

1/4 cup water

1 egg (beaten)

1/4 cup margarine (melted)

1/4 cup quick oats

1 tablespoon margarine (melted)

1/4 teaspoon cinnamon

2 tablespoons sugar

Directions

1. Preheat oven to 400 degrees F. Coat a muffin pan with nonstick cooking spray or line with paper muffin cups.
2. In a large bowl, combine flour, baking powder, $\frac{1}{2}$ cup sugar, and salt. Stir in fruit until coated.
3. In a separate bowl, combine milk, water, eggs, and $\frac{1}{4}$ cup margarine. Stir into flour mixture.
4. Spoon batter into muffin cups (cups should be about half full).
5. In a small bowl, stir together oats, 1 tablespoon margarine, cinnamon, and 2 tablespoons sugar. Sprinkle evenly on top of muffins.
6. Bake for 15 to 18 minutes or until a fork or toothpick inserted into the center of the muffins comes out clean.

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook